

PROTOCOLS WHEN ENTERING MY HOME SUPPORTED INDEPENDENT LIVING (SIL) FIGHTING COVID-19

1



When you come home try not to touch anything.

2



Wash your hands frequently with soap & water, before & after eating, & after going to the toilet.

3



Wash all exposed areas: hands, wrists, arms, neck, nails, etc.

4



Cover your cough & sneeze, dispose of tissues, and use alcohol-based hand sanitizer.

5



DO NOT shake hands.

6



Leave your bag, purse, wallet, keys, in a box.

7



Wash your mobile phone & glasses with hot soapy water or alcohol (disinfectant).

8



Prepare 20ml of bleach per 1 litre of water solution & clean with all surfaces of whatever you brought from outside before storing it. Don't forget to use gloves.

9



Carefully remove & dispose of your gloves then wash your hands.

10



Remember it is not possible to carry out complete disinfection, the goal is to minimise the risk.

11



REMAIN 1.5m apart at all times. If you are required to move closer than 1.5m, ensure that the time does not exceed 15 minutes.

12



DO NOT share food.



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